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THE
TRUE WAY
O F
Preserving and Candyng,
A N D
Making Several Sorts
O F
Sweet-Meats.

According to the
Best and Truest Manner.

Made Publick for the Benefit
of all *English* Ladies and
Gentlewomen; especially
for my Scholars.

L O N D O N,
Printed for the *Author*, in the
Year, MDCXCV.



THE EPISTLE DEDICATORY.

To all Young *Ladies* and
Gentlewomen; especial-
ly those which are my
Scholars.

Ladies and Gentlewomen,

This little Piece
that I now pre-
sent you with, is
what I thought
might be acceptable to you,
and a Work necessary to be

A 2 done:

The Epistle

done; because of all the
Pieces that I have yet seen,
I never could find any thing,
or at most very little, that
was worth your taking no-
tice of in them: And in
deed, they may be truly cal-
led a ready Way to spoiling and observing shall do;
Sugar and Fruit, rather for, if so, then all Arts would
than to Preserve Sweet be easily obtained; and, What
Meats. Therefore, I have needed Seven Years Ap-
taken no notice of any apprenticeship? But this, I am
them, but have only given sure, will be sufficient for
such Directions, as I know to help your Memories, af-
will truly accomplish theter you have seen what is
End for which I design'd here directed Practised;
them: Yet I do not know which is all I can promise

Dedicatory.

but

A 3 You,

The Epistle Dedicatory.

You, or my Self: Except it be my Assistance to shew you that which I have here given Directions for to be done; in which, I do not doubt, but to give you all the Satisfaction you can expect.

THE

[7]

THE TRUE WAY O F Preserving and Candyng, A N D Making several Sorts O F Sweet-Meats.

How to Preserve Whole
Orenges.

TAKE of the largest, and best coloured Sevil-Orenges, and pare them; then cut a round Hole at the End where the Stalk did grow, and put them into a Brass or

A 4 Cop-

8 The True Way of

Copper-Pan of clean Water ; and set them on a Fire, made to burn clear with Wood or Charcoal, and boyl them till you can thrust a Straw through them ; shifting the Water twice : Then take them off, and put them into clean cold Water ; and when they are cold, take out the Meat of them with a little Stick, made in the Fashion of an *Apothecaries Spatule* ; and as you take out the Meat, put them into clean Water, and let them stand *Eight and Forty Hours* ; in which time, shift the Water *four times*. Then if you will use Powder-Sugar, you must Clarify it with Eggs, putting a Pint and an half of Water

Preserving & Candyng. 9

Water to a Pound of Sugar, and scum it clean, and strain it through a piece of White-Flannel ; then put your *Oranges* upon a Sieve to drain : Then place them in a single Row in the Preserving-Pan, and put to them as much Syrup as will handsomly receive them, to boyl them in : Then set them on the Fire, and let them just boyl ; then set them by one Day ; then set them on the Fire again, and let them boyl gently half a Quarter of an Hour ; then set them by again for another Day : Then set them on the Fire, and boyl them till they are enough ; which you may know, by trying a Drop of the

10. The True Way of
the Syrrup upon your Finger ;
for when it will rope , it is
enough. You must turn them
sometimes as you boyl them,
that they may be Preserved
all over ; and when they are,
you must set them by till they
are cold.

Then if you will Candy
any of them, take them, and
boyl them ; stirring of them
with a Brabs Slice with Holes
in it, which must be your
Director, to know when they
are enough: for when they are
enough, you may blow the Su-
gar through the Holes of the
Slice in little Bladders : Then
take them off, and let them
cool a little , stirring them
with the Slice ; then lay them
upon

Preserving & Candyng. 11
upon a dry splintered Sieve ,
to drain and cool ; and when
they are cold, if you would
keep them for any Time, you
must wrap them up in seve-
ral Papers, and keep them in
a dry Closet ; but put them
not in a Stove, or near any
Fire.

And if you would put any
Orenges in Jelly, then take some
Pippins, and slice them when
they are pared and cored into
clean Water, and boyl them
till you think the Goodness is
boyled out of them : then
strain it, and let it settle till it
is clear : Then take a Pint of
the same, and put to a Pound
of Double-refin'd Sugar, and
boyl it, and scum it clean ;
and

12 The True way of
and when it will jelly, have
your *Orenges* put in Glasses fit
for them, and put the Jelly
to them : but take care that
you cover them with Jelly :
And when they are cold, cut
some Papers fit for Glasses,
and wet them in fair Water,
and dry them a little in a clean
Napkin, that they may be a-
bout half dry : And then lay
the Papers upon the Jelly,
and tye them over with ano-
ther Paper, and set them in a
dry Closet : But put them not
into any Stove, nor near any
Fire.

You may Preserve and
Candy *Orange-Chips*, and
Halfs and Quarters of
Orenges the same way.

To

Preserving & Candyng. 13

To Preserve Whole Le-
mons.

Take them, and lay them
in fair Water three
dayes ; then pare them very
neatly, and cut a Hole in
them at the End, where the
Stalk is joyned to them :
Then boyl them very tender,
that a Straw may run through
them : then take out the
Meat, and put them into
clean Water ; then Clarify
some Sugar with a Pint and
a half of Water to a Pound of
Sugar : Then Pack them in
a Pan, and put to them as
much

14 The True Way of
much of the same, as will fill
them, and cover them : Let
not your Syrrup be too thick ;
then cover them with a sheet
of White Paper, which is good
to keep them, and all other
Sweet-meats under the Syr-
rup, in the Time of their Pre-
serving ; and set them by for
two Nights, and a Day : Then
boil them whil'st you may
tell *Ten* ; if there doth rise
any Scum, take it off clean,
and cover them with a Paper
again, and set them by till
the next day ; then set them
on the Fire, but not to boyl :
Then set them by for Two
Dayes, or *Forty Eight* Hours ;
then boyl them in the Syrrup
till it will draw ropy a little,
and

Preserving & Candyng. 15
and if your Syrrup doth de-
crease, you must add more to
it, and set them by for *Eight*
and *Forty* Hours more : Then
set them on the Fire, and boyl
them till you see they are Pre-
served enough, and that the
Syrrup will rope : Then co-
ver them, and set them by till
the next Day ; then you may
Candy them, or put them in
Jelly, as you do the Whole
Orenges ; but you must take
New Sugar to Candy them
in, and if you would have
your Jelly to be very good,
you must use Double-Refined
Sugar.

To

To make Marmalad of Orenges.

Take the Peels of fair *Sevil Orenges*, and boyl them in *three* several Waters, till they are very tender; then put them into fair cold Water, and let them stand Three dayes, shifting the Water twice a day; then drain them from the Water, and beat them in a wooden Mortar: Then take some Pippins, and pare them, and core them, and weigh a Pound of Pippins, and boyl it in fair Water, till it is so soft, that you can

Preserving & Candyng. 17
can force it through a Cullen-dar; which being done, put half a Pound of the *Orenges* to it, and boyl it a little together: Then take one Pound and a Quarter of Sugar beaten, and cearsed, and put to it, and set it on the Fire, keeping of it stirring till you perceive it is enough; which you may understand by dropping a little upon a Plate. When it is enough, put it into flat Pots or Glasses; and when it is cold, paper it up, and set it in your Closset.

You may make *Cakes* of the same to dry, by putting a Pound and Ten Ounces of the Sugar to a Pound of *Pippin*,
B and

18 The True Way of
and half a Pound of the *Oreng*
and lay it out upon Plates to
dry, and put it in a Stove.
And to make it dry crisp, you
must shake a little fine Sugar
over it, put into a piece of
fine Linnen, and when one
side is dry, then turn them
upon Papers, put in a dry
Sieve; and dust the other side
too; and set them in the
Stove again: And when it is
dry, pack it up in a Box,
with Papers between one an-
other.

To

Preserving & Candyng. 19

To make Paste of Pippins.

First, Quarter your *Pippins*,
and Core them, and pare
them; then weigh them, and
slice them into fair Water,
as much as will boyle them so
tender, that you may pulp
them through a Cullendar;
then put it in the Pan again,
and set it over the Fire, and
boyl it, till the Water is pret-
ty well gone, and that it is as
thick as Apple-Sauce: Then
you must have ~~a~~ Care, and
keep it stirring, that it doth
not lose the Colour: Then to a
pound of *Pippin* take a pound

B 2 and

20 The True Way of
and one ounce of Double-Re-
fin'd Sugar beaten to powder,
and sifted through a Hair-
Sieve ; put it into the Pan to
the *Pippin*, and stir it toge-
ther ; then set it over the
Fire, and let it boyl till it is
enough, which you may know
by dropping a little upon a
Plate. You may lay it upon
plates to dry, when it is cool ;
then dust it with some fine
Sugar, beaten, and put in a
piece of Fine Linnen, and
set it in the Stove : And when
one side of it is dry, then lay
some dry papers in a dry
splinter Sieve, and turn it in-
to the Sieve, and dust the o-
ther side, and set it into the
Stove till it is dry : then pack
it

Preserving & Candying. 21
pack it into a Box, with pa-
pers between each Laying ;
and keep it in a dry Closset,
but not near the Fire, nor
in a Stove.

IF you would colour it
Green, then take Spin-
nage, and beat it, and strain
the Juice into an Earthen Pan
or Pipkin, and set it on the
Fire, and it will divide it self
like Curds and Whey ; then
put it upon a little Hair-sieve,
and let the Thin run from
the Thick ; then take the
Thick part, and put it into a
white Earthen Plate ; and
with the Back of a Silver-
spoon, work it about till it
is very fine, that there be no

22 The True way of
black Lumps in it : Then put
into your Paste as much of it
as you do see will make it of
a good Colour, and stir it well
together, to mix it all alike.
Then lay it out to dry, as be-
fore.

TO make Red Colouring
for *Pippin-Paste*, or *Quince-
Paste*, or *Paste-Royal* ; take an
Ounce of Cutchenele, and
beat it very fine ; then put it
into Three Quarters of a pint
of fair Water in a Skillet, and
a Quarter of an Ounce of
Roch-Allum, and boyl it till you
think the Water hath got out
the Goodness of it ; then
strain it through a piece of
fine Holland, and put it into
a Vial,

Preserviug & Candyng. 23
a Vial, and put *Two* Ounces of
Double-refin'd Sugar to it,
and keep it by you : It will
keep six Months.

To make Parched Almonds.

Take a Pound of Sugar,
and make it into a Syr-
rup, and boyl it to a Candy
highth ; then take Three
Quarters of a Pound of *Jordan-*
Almonds, and put into it ;
keeping them stirring over
the fire, till they are dry and
crisp : Then put them into
a dry Box or Paper ; and keep
them dry.

To Candy Angelica.

Take the Stalks of *Angelica* that is Tender and Green, then boyl it in a good quantity of Water, till it is tender; then peel it, and put it into fresh fair Water: Then take a Pound of fine Sugar to a pound of *Angelica*; let the Sugar be made into a Syrrup, and set by till it be cold; then put in the *Angelica*; and let it stand a day, then set it on a gentle fire, till it be ready to boyl; Then take it off, and cover it with Paper, and set it by till it be quite cold:

Preserving & Candyng. 25
cold: Then set it on a gentle fire again, and boyl it up till it will Candy; which you may know, by blowing the Sugar through the Slice that you stir it with: Then lay it out upon dry splintered Sieves; and when it is cold, it will be dry to put up in a Box.

To Preserve Green Apricocks.

Take your Apricocks before they have stones in them, and prick them, and put them into fair Water, and scald

26 The True Way of
scald them over a gentle fire
till they are tender ; then put
them into cold Water : Then
take a Pound of Sugar to a
Pound of *Apricocks* , Clarify
the Sugar into a thin Syrrup.
You may put a Quart of Wa-
ter to a pound of Sugar. Let
your Syrrup stand till it is
quite cold ; then put the *Apri-
cocks* into the Preserving-Pan,
and put the Syrrup to them,
and let them stand *four* and
twenty Hours covered down
with a Paper ; then set them
on a gentle fire, and let them
boyl ; then set them by till
the next Day : then set them
on the fire, and let them just
again boyl ; then set them by
for one Day more : Then set
the

Preserving & Candying. 27
the Syrrup on the fire, and
boyl it till it will draw ropy
a little : then pack the *Apri-
cocks* in the Pan, and put it to
them, and let them stand till
the next Day : Then set them
on the fire, and heat them till
they boyl ; then set them by
till the next day : Then drain
them from the Syrrup, and
pack them in Glasses or Pots,
and put some *Pippin-Water* to
the Syrrup, and boyl it a little
to make it thin : then strain it
through a Hair-Sieve , and
then boyl it till it will Jelly.
If you please, you may make
a New Jelly, with Double-
Refined Sugar, and *Pippin-Wa-
ter* , as formerly directed in
the Receipt for doing Whole
Oranges. If

28 The True way of

If you would dry Green Apricocks,

YOu must Preserve them *first*, and when they are Preserved, then take half the Syrrup that they were done in, and as much Sugar, and boyl it till it will draw ropy a little, and pack them in the Pan, and put it to them ; and set them on the Fire, and let them be thorow Hot all over ; but not to boyl ; then cover them down with a Paper, and set them into the Stove for a Day, and a Night : Then take them out of the Stove, and drain them on a Sieve, and lay them upon Plates to dry, and dust

Preserving & Candying. 29
dust them with some Double-
Refined Sugar, beaten, and put in a piece of fine Linnen, and set them in the Stove to dry ; and when one side is dry, then turn them into a dry Sieve upon Papers, and set them into the Stove till they are quite dry : then pack them up with your Box papered, and Papers between each Laying.

If you make a little Bag of a piece of fine Linnen, and beat some Double-refined Sugar, and put in it, and hang it in the Stove to Keep dry ; it will be very convenient.

To

To make Paste of Green-Pippins.

Take *Green-Pippins*, and scald them, and peel them; and have fresh warm Water ready, and put them in, and cover them close, and keep them warm, till they are very Green; then take the Pulp of them, but take care you put no part of the Core in; and beat it in a Mortar, and pulp it thorow a Cullen-dar: then take a pound, and three ounces of Sugar, and clarifie it, and boyl it till it will roul in a Ball between your

Preserving & Candyng. 31
your Fingers; then put in a pound of the Pulp, take it off the Fire, and mix it together; and set it on the Fire again, and boyl it till it is enough; which you may know, by dropping a little on a Plate. Do with it afterwards, as with other *Pippin-Paste*.

To Preserve Goosberryes Green.

Take the large Preserving *Goosberries*, and pick of the *black*, but let the *stalk* be on; then stone them, and put them into a Pan of Water, and set them on a gentle

32 The True way of
tle Fire, just as may make
them scalding Hot : Let them
be covered down close , and
let them scald till they are
tender, but not to break any
of them ; and when they are
tender, then take them up in-
to cold Water : Then take a
pound of fine Sugar to a
pound of *Goosberryes*, and Clari-
fy it with a *pint* and an half
of Water to a *pound* of Sugar :
then let the Syrrup be cold ;
then pack the *Goosberryes* into
your *Preserving-Pan* single, and
put the Syrrup to them, and
set them on a gentle fire ,
and let them heat till they
boyl , and when they have
boyled, and you perceive the
Sugar hath entred them, then
take

Preserving & Candyng. 33
take them, and cover them
with a Paper, and set them by
till the Morrow ; then take
them out of the Syrrup , and
boyl the Syrrup till it begin to
rope, and scum it, and put it
to them again ; and set them
on the Fire, it being gentle ;
and let them heat gently, then
cover them with Paper, and
set them by till the Morrow :
And if you would put any of
them in Jelly, take some *Goos-*
berryes , and *pick* them , and
boyl them in fair Water, and
make a Decoction, and strain
it, and let it settle ; and use a
Pint of it to a pound of Dou-
ble-refin'd Loaf-Sugar , and
make a Jelly of it, and *pack* the
Goosberryes in Glasses or Pots,

C and

34 The True Way of
and cover them with it ; and
when they are cold, then cut
Papers, and wet them, and
paper them , and tye them
over with other Papers , and
set them in your Closset.

IF you would dry any of
them, then boyl as much
fresh Sugar as will contain
them, till it will rope , and
pack them in a Pan, and put
it to them, and set them on
the Fire till they are thorow
Hot all over ; then cover them
with Paper, and set them in-
to the Stove a Day and Night:
Then drain them from the
Syrrup, and lay them upon
Plates, and dust them with
the Bag of Sugar, and set them
in

Preserving & Candyng. 35
in the Stove ; and when one
side is dry, then turn the o-
ther, and dust them again, and
set them in the Stove till they
are dry ; then pack them up
in a Box, with Papers be-
tween each Laying.

To make Jelly of Currans,

TAke the *Currans* , and
strip them into your
Preserving-Pan, and to a gal-
lon of *Currans* put a *pint* of Wa-
ter, set it on the Fire, and
boyl it , then strain it
through the Bag, and let it
settle : Then take a Pound of
Loaf-Sugar, either single or
C 2 double-

36 The True Way of double-refined, and beat it, and put to it a pint of the Juyce, and boyl it to a Jelly, which you may know, by setting some in a Spoon: Then put it in Pots or Glasses; and when cold, paper it with wetted Papers, and tye them over with other Papers, and set them by in your Closset.

To Preserve Cherries without Stones, in Jelly.

Take the *Cherryes*, and stone them; and to a pound of *Cherryes* take a pound of Sugar, and Clarify it into a Syrrup, and boyl it till it will

Preserving & Candying. 37 will rope very stiff: Then put in the *Cherryes*, and by degrees let the Sugar boyl over them; then have standing by you a Quarter of a Pint of Juyce of *Currans*; and when the Sugar boyls over the *Cherryes*, at four several times put that in. Be careful to *take* off the Scum from all things that you do. Let your *Cherryes* boyl till the Syrrup is become a Jelly; which you may understand, by trying some in a Spoon. You must take them off the Fire, and *shake* them sometimes, that they may not stick to the Bottom of the Pan; and when they are done, put them into flat Pots or Glasses, and cover them with the Jelly:

38 The True Way of
and when they are cold, pa-
per them with wetted Papers,
and tye them over with dry
Paper, and set them by : They
will keep a Year very well ;
but set them not in a Stove.

You may do *Morello-Cherryes*
the same way ; only, if
you would have them
keep, then add Two Ounc-
es of Sugar more.

*To Preserve Cherryes with
Stones.*

Take the best *Cherryes*, and
cut the Stalks off half-
way ; then to a pound of *Cher-
ryes*

Preserving & Candyng. 39
ryes take a Pound of Sugar
made into a Syrrup, and boy-
led till it will rope very well ;
then put in the *Cherryes*, and
boyl them till the Syrrup will
draw, which is meant *Roping* :
Then they are Preserved :
But *Cherryes* with Stones must
boyl a while ; and then take
them off, and let them stand
a little, or else the Stones will
make the Syrrup grow thin
again. If you would have
them to Jelly, then you must
put in Two Ounces more of
Sugar, and a little *Curran-
Juyce*. These are good for
such People, that are troubled
with Drought, to take some-
times one of them, and keep
the Stone in their Mouths.

C 4 You

40 The True Way of
You must put them up in
Pots, and paper them as you
do other things ; only when
Sweet-Meats are not done in
Jelly, you need not wet the
Papers ; for wetting of the
Papers, is to keep it from
sticking to the Jelly.

*To make a very sharp tasted
Marmalad of Cherryes.*

Take four Pound of *Cherrye* without Stones ,
and a Quart of Juyce of *currans*, and put them in a Pres-
serving-Pan, and set them on
the Fire, and dry away the
Waterish Part , and break
them,

Preserving & Candying. 41
them, or mash them ; then
take Three Pound of Sugar
made into a Syrrup, and boy-
led Candy-high ; then put
the *Cherryes* to it , and set it
on the Fire, and boyl it till it
comes to a Body ; then put
it into flat Pots or Glasses ;
and when cold , paper it up
with wetted Papers.

*To make Quiddeny of
Rasberryes.*

Make a Decoction of
Rasberries as you do of
currans, and strain the Juyce,
and let it settle , and put a
pound of beaten Loaf-sugar
to

42 The True Way of
to a pint of the Juyce, and
boyl it till it will Jelly ; then
scum it, and put it into flat
Pots or Glasses ; and when it
is cold, paper it with wetted
Papers, and tye it over with
dry *Papers* : Keep it in your
Closet.

*To Preserve Red Rasber-
ries in Jelly.*

Take of the largest and
best *Rasberryes*, and to a
pound of *Rasberryes* take a
pound and a Quarter of *Sugar* made into a *Syrrup*, and
boyl it till it will draw: Then
put in the *Rasberryes*, and set
them

Preserving & Candying. 43
them over a gentle Fire, and
let them boyl ; and as they
boyl, take them, and shake
them sometimes ; and when
the Sugar boyls over them,
rake them off the Fire, and
scum them, and set them by
a little : Then set them on
again, and have a quarter of a
pint of Juyce of *Currans* by
you, and at several times put
it in as they boyl : shake them
often, as they grow near to
be enough ; which you may
know, by setting some of the
Syrrup by you in a Spoon, to
try the Jelly ; for when they
Jelly well, they are enough :
Then put them into *Pots* or
Glasses, and keep the Jelly to
cover them : But before you
put

44 The True Way of
put it to them, pick out all
the Seeds, and let the Jelly
cover them very well : and
when they are cold, paper
them with wetted papers, and
tye them up, and set them in
your Closet.

You may Preserve white
Rasberryes the same way;
but be sure you use fine
Sugar : and for to add
to the Jelly, you may in-
fuse some White Currans,
and take the Juyce, and
use it : But let your Fire
be quick to these, that
they do not change their
Colour.

To

Preserving & Candying. 45

To make clear Cakes of Red
Currants or Rasber-
ryes, to dry with a firm
Ice upon them.

Take Rasberryes or Cur-
rants, and make a de-
coction as I have before dire-
cted in the Receipt to make
Jelly of Currants : Then to a
pound of Decoction take a
pound and two ounces of dou-
ble-refined Sugar, powder'd,
and sifted thorow a fine Hair-
sieve ; then put the Juyce in-
to your Pan, and put the Su-
gar to it, and set it on the Fire,
keeping it stirring, to mix it
all

46 **The True Way of**
all the time it is on the Fire,
and let the Sugar be quite di-
solved, and you perceive it is
clear, but be sure let it not
boyl: then scum it clean, and
put it in clear Cake-Glasses;
and when it is cold, set it in
the Stove, there being a very
gentle Heat: And when the
upper-most Side is Iced, then
turn them out of the Glasses
upon pieces of Window-glaſs,
and set it in the Stove again:
and when they are Iced with
a firm Ice, turn them upon
paper laid in a dry Sieve; but
you must turn them with
Care, that the Iceing do not
break: Then set them in the
Stove to be Iced again on the
other side; for the first Icing
will

Preserving & Candyng. 47
will dissolve: And when they
are firm, pack them up in a
Box, with Papers between
them, with Care. You must
lay but Two Layings in a
Box: They will keep a Year,
if you give them fresh Papers
sometimes.

If you please, you may put
a few Seeds in *Rasberry*
clear Cakes, which will
make them seem the
brighter: But the Seeds
must be in, all the time
they are making.

YOU may make White
Clear Cakes of *Currans*
the same way: And also of
Pear-Plumbs, Pippins, Cod-
lins, or Quinces, if you make
a strong

48 The True Way of
a strong Decoction of the
Fruit, and use the same quan-
tity of Sugar.

*To dry Cherryes to keep all
the Year.*

STONE the *Cherryes*, and take four pound of them; then boyl one pound and a quarter of Sugar, till it is Candy-high: then put in the *Cherryes*, and set them on the Fire, and let them boyl; but you must shake them often: and when the Sugar hath boyled quite over them, and the Windyness is boyled out of them, scum them, and put them

Preserving & Candyng. 49
them into an Earthen-Pan, and cover them with a Sheet of White Paper, and set them by till the Morrow: Then lay them upon a splintered sieve to drain; and when they are well drained, boyl one pound of Sugar, till it will rope very well: then put in the *Cherryes*, and set them on the Fire, and let them be scalding hot all over; but let them hardly boyl: Then take off the Scum, and put them into a dry Earthen-Pan, and cover them with a Paper, and set them in the Stove, in a warm Place, for a Day and a Night: Then drain them again upon a sieve, very clean from the Syrrup,

D and

50 The True Way of
and lay them upon clean
Sieves to dry, that have very
narrow Holes ; but you must
dust them with the Sugar-
Bag, and set them in the
Stove ; and when one side is
dry, then turn the other ; and
dust them also, and set them
into the Stove again, till they
are quite dry : Then pack
them up in a Box, with Pa-
pers betwixt each Laying.

You must mend them as
you lay them out to dry ; and
you must shift the Papers
sometimes, when they are
packed up.

If

Preserving & Candyng. 51

If you would have Cherryes with
Stones.

Take one pound of Su-
gar, and boyl it till it
will rope very well ; then put
in Two pound of *Cherryes* with
Stalks and Stones, and boyl
them till the Syrrup will draw
ropy : then set them by, and
on the Morow boyl the Syr-
rup, and scum it ; and put
the *Cherryes* in again, and let
them boyl till the Syrrup will
rope again : Then put them
in an Earthen-Pan, and set
them in the Stove all Night ;
on the Morrow, drain them
from the Syrrup, and cover
them over with the *Cherryes*

D 2 with-

52 The True Way of
without Stones, and dry them
as the others.

To Preserve Currans White
or Red.

Take of the best and largest *Currans*, that are not too Ripe, and pick out the Stones ; then to a pound of *Currans*, take a pound of Sugar, or something more, and boyl it till it will ball between your Fingers: Then put in the *Currans*, and set them on the Fire, shaking them often, and let the Sugar boyl over them, and cover them ; but let your Fire be gentle : Then take them

Preserving & Candyng. 53
them off, and let them stand half an Hour ; then set them on the Fire again, and boyl them till it will Jelly : Then put them in Pots or Glasses, and paper them, and set them in your Closset.

Put in Two or Three Spoonfuls of Juyce of *Currans*, as they are Preserving.

To dry Currans White or
Red.

STone the *Currans*, and tye them in Bunches, as big as you please ; then to a pound of *Currans*, take a pound of Sugar, and boyl it till it will rope

D 3 very

54 The True Way of
very well, that it will almost
roul between your Fingers :
Then put your *Currans* into it,
and set them on the Fire, and
let the Syrrup boyl over
them : then shake them ,
your Fire being quick : and
let them not stand long on
it, for then they will lose the
Colour : Then take off the
Scum, and cover them down
with Paper, and set them by
Four and Twenty Hours : Then
lay them upon a splintered
Sieve, with wide Holes , to
drain : And boyl another
pound of Sugar, till it will
draw ropy : then having them
packed in a narrow Pan, that
the Sugar may cover them,
pour it upon them , and set
them

Preserving & Candying. 55
them on the Fire , and let
them be ready to boyl : Then
put them under the Sugar,
and cover them with Paper,
and set them in a warm Place
in the Stove *Four and Twenty*
Hours : then take them out,
and let them be quite cold :
then lay them on a Sieve, to
drain clean from the Syrrup ;
then lay them to dry on an-
other dry Sieve, and set them
in the Stove to dry, having
shook the Dust-Bag lightly o-
ver them first ; and when one
side is dry, turn the other side:
But you may turn them upon
Papers, and dust them a little
again ; and set them in the
Stove, till they are quite dry :

D 4 Then

56 The True Way of
Then pack them up in a Box,
with Papers, and *keep* them in
your *Closet*.

To Preserve Apricocks.

Take the largest, and best *Apricocks*, that are not too Ripe; first stone them, and pare them into fair Water; then weigh them: then have your Preserving-Pan very clean, and fair Water in it, into which put the *Apricocks*, and set them over a gentle Fire, and let them scald indifferent tender; then take them up, and put them into cold Water; then take the Weight
of

Preserving & Candyng. 57
of them in Sugar, clarify'd very clear, and boyl it till it will rope: then put in the *Apricocks*, they being first drained from the Water, and set them on the Fire, it being gentle. Let the Sugar enter them all alike, till you see them look clear, that the Sugar is gone thorow them: Then scum them clean, and cover them down with Writing Paper, and set them by till the Morrow: Then take a clean dry splintered Sieve, with wide Holes, and lay them a draining upon it for an Hour; then pack them in the Pan, and boyl the Syrrup till it will draw ropy: and put it to them, and set them on

58 **The True Way of**
on the Fire, and give them a
good Heat till they boyl a
little ; then take off the Scum,
and cover them down with
Writing-Paper, and set them
by *Four* and *Twenty* Hours ;
then drain them from the
Syrrup, as before : and when
they are well drained, then
pack them in Pots or Glasses ;
and take the Syrrup they
were Preserved in , and one
Third Part more of fresh cla-
rify'd Sugar, to which put a
fifth part of Water made very
strong with Codlins ; for you
can get no Pippins at this
Time of the Year. Let this
be boyled till it will Jelly ,
and is come to a good *Thick-
ness*, and put it to them, and
cover

Preserving & Candyng. 59
cover them very well with it.
You must warm the Syrrup,
and strain it thorow a Hair-
Sieve before you boyl it. You
must likewise wet Papers to
cover them ; and tye them
over also with dry ones ; and
set them in your Closset.

If you would dry Apricocks.

After they are Preserved,
as in the Receipt be-
fore-mentioned ; then drain
them, and take as much fresh
Sugar, as you do Syrrup ; and
of both together , you must
have enough to cover them :
Let it be boyled, till it will
draw

60 The True Way of
draw pretty well : Let the *Apricocks* be packed in a Preser-
ving-Pan ; and when the Su-
gar and the Syrrup is boyled
up to a Height, then put it
to them ; then set them on
the fire, and *shake* them to
move them from the Bottom
of the Pan : Let them have a
thorow Heat, ready to boyl :
Then take off what Scum ri-
seth, and cover them close
down with Papers, and set
them in the Stove for a Day
and a Night : Then take
them out of the Stove, and let
them be quite cold ; and then
lay them draining upon a
dry splintered Sieve, with
wide Holes : and when they
are well drained, then lay
them

Preserving & Candyng. 61
them out upon Pewter, or
Tinn-Plates, to dry, and dust
them, and set them into the
Stove ; and when the upper-
most side is dry, then turn
them upon clean *Plates* ; but
be sure, your *Plates* be very dry
and clean : Then dust them
with the Sugar-Bag again,
and set them in the Stove to
dry ; and when they are dry,
then turn them upon dry
White *Paper*, laid into dry
Sieves ; and dust them again,
and set them into the Stove to
be quite dry : Then pack
them up in a Box, with pa-
pers between each Laying.
These will keep all the Year
very well ; only give them
dry papers, if they shall need
them.

To

*To make Apricot-Cakes,
or Tour's Apricocks.*

Take of the Ripe *Apricocks*, and stone them, and pare them, and weigh them ; and to a pound of *Apricock*, take half a pound of Sugar ; boyl it till it will draw ropy : then put in the *Apricock*, and boyl them till they are all in a Mash, and that you have boyled out the frothy Windyness out of them, which you must carefully scum off clean : Then take half a pound good weight of Sugar, and boyl it till it will draw ropy,

Preserving & Candyng. 63
ropy, and put it to the *Apricock*, and set them on the fire, and let them boyl, that the *Sugar* and the *Apricock* may be well mixed : Then set it in the Stove, and let it stand in a warm place *Four* and *Twenty* Hours ; then take it out, and let it be quite cold ; and then lay it out upon Plates to dry. You must use a Tinn frame, to make them round: let them be dusted, and set it into the Stove ; and when one side is dry, turn them on fresh plates, and dust the other side, and put them in the Stove again ; and when they are pretty dry, then turn them again upon plates : and so you may do *three* or *four* times, till they are dry ; then pack them up. *To*

To dry Apricock-Chips.

Take *Apricocks* that are not fully Ripe, and cut them in the Middle, and pare them; then cut them into Chips, and scald them; but not too much: then take their Weight in Sugar, and boyl it till it will draw ropy; then have the Chips drained from the Water, and put into the Sugar, and set it on the fire, and let them boyl till you see the Sugar hath fully entred them: Then take them off, and scum them clean, and paper them down, and set them by

Preserving & Candyng. 65
for *Four* and *Twenty* Hours: then drain them upon a Sieve from the Syrrup, and boyl it till it will draw ropy; then put them into it; and if there be not enough Sugar to contain them, then boyl a little fresh Sugar, and put to them; and set them on the Fire, and let them have a thorow Heat: then paper them, and set them in the Stove, in a warm Place, for a Day and Night; then drain them on a Sieve, and lay them upon Plates to dry. You must dust them with the Sugar-Bag, and set them in the Stove; and when they are dry, turn them on Papers, and dust them again, and set them in the Stove till quite dry.

E

To

To dry Apricocks at once
boylng

STONE the *Apricocks*, and pare them, and weigh them, and put them into fair Water as you do pare them; then take better than the Weight of them in fine Sugar, and clarify it, and boyl it till it will draw ropy: then put in the *Apricocks*, and boyl them till you see they are Preser-
ved, and are clear: then scum them, and cover them with a Sheet of White Paper, to keep them under the Syrrup, and set them in the Stove for *Eight*,
and

Preserving & Candyng. 67
and *Forty* Hours, where they may stand warm: then take them out, and let them stand till they are quite cold: then drain them upon a dry Sieve, and lay them upon Plates to dry; and turn them once in *Eight* Hours, and dust them with the Sugar-Bag every time, when they are dry e-
nough: Then turn them upon Papers; and when they are quite dry, then pack them up with Papers between each Laying.

YOU may put some of the *Apricocks*, when they are Preserv'd, in Glasses; and with the Sugar, and some Codlin-Water, you may make

E 2 a Jelly

68 The True way of
a Jelly for them ; but you
must not put them in Glasses,
till they have been in the
Stove.

To make Gembals of Apricocks.

Take *Apricocks* that are large, and not full Ripe, and pare them ; and with a neat pricked pointed Knife begin at the End where the Stalk did grow , and cut them round, from one End to the other, letting the Knife go in the manner of a Screw : When you have so done, then weigh them, and take their Weight

Preserving & Candyng. 69
Weight in Sugar, and boyl it Candy-high , and put them into it , and boyl them till they are clear ; then cover them with Paper , and set them in the Stove for *Eight* and *Forty* Hours : then take them out, and let them be quite cold : then drain them upon a Sieve, and lay them upon Plates to dry. You may lay them in what Form or Manner you please : Let them be dusted with fine Sugar in the Bag, and set them in the Stove ; and when they are dry of one side , then turn them carefully upon Paper, in a dry Sieve, and dust them again, and set them in the Stove till they are dry : Then

E 3 pack

70 The True Way of
pack them into a Box, with
dry Papers, and set them in a
Closet.

*To Preserve Green Muffel-
Plumbs, and Date-
Plumbs, and Peaskod-
Plumbs; and to Dry
them likewise.*

Take *Muffel-Plumbs*, when
they are at their full
growth; weigh them; but
let them be Green, and prick
them with a Pen-Knife, at
the End where the Stalk
groweth, in three places; as
you prick them, put them in-
to

Preserving & Candying. 71
to cold Water, then put them
into fresh Water, and scald
them; but take care you do
not break them: And when
they are pretty tender, and
you suppose scalded to the
Stone, then put them into
cold Water, and take the
Weight of them of Sugar, and
clarifie it with more than a
Quart of Water to a Pound
of Sugar: Let the Syrrup be
strained, and quite cold, then
pack the *Plumbs* in the Preser-
ving-Pan, and put it to them,
and cover them with Paper,
and set them by *Four and
Twenty Hours*: then set them
on a gentle Fire, and let them
stand till they are scalding-
hot, then cover them with

E 4 Paper

Paper, and set them by till the next Day: then set them on the Fire again, till they are ready to boyl: then set them by till the Morrow, then lay them a draining upon a Sieve, and boyl the Syrrup till it doth begin to draw ropy: Then they being packed in the Pan, put the Syrrup to them, and set them on the Fire, and let them be ready to boyl: then set them by a Day and a Night: then drain them out of the Syrrup upon Sieves again, and boyl the Syrrup till it will draw ropy; then put it to the *Plumbs* again, and give them a good Heat on the Fire: Then cover them with Paper, and set them

them by *Four and Twenty* Hours; by which time the *Plumbs* will be Preserved: Then you may either dry them, or put them in Pots. If you would put them in Pots or Glasses, you must make some new Jelly with Water made very strong, with boylng sliced Codlins in it, and a Pint of that, and a Pound of Loaf-Sugar, either Single or Double-refin'd, which yon please to bestow: You must boyl it to a Jelly, which you may know by setting some by in a Spoon: And when your *Plumbs* are packed in Pots or Glasses, fill them up with that, till they are well covered; and when

74 **The True Way of**
when they are cold, cover
them with Papers wetted, and
dryed in a Napkin; they be-
ing just as big as the Pots or
Glasses: and let them be tyed
over with other Papers, and
set them in your Closset.

A N D for to Dry these
Plumbs, you must lay them up-
on Sieves, to drain clean
from the Syrrup: then pack
them in the Pan, and boyl as
much Sugar as will cover
them, till it will draw ropy;
then put it upon them, and
set them on the Fire, and let
them be thorow Hot: Then
cover them with Paper, and
set them in the Stove *Forty*
Eight Hours; then take them
out, and let them be quite
cold;

Preserving & Candyng. 75
cold; then lay them a drain-
ing upon a dry splintered
Sieve; and when they are
drained, lay them upon Plates,
or a Sieve, to dry; and dust
them with some fine Sugar in
the Bag: and when one side
is dry, turn the other upon
Papers, and dust them, and
set them in the Stove till they
are quite dry: Then pack
them up in a Box, with Pa-
pers betwixt each Laying.

To Preserve and Dry Green
Pear-Plumbs.

Pick out *Green Pear-Plumbs*,
that are free from spots,
and prick them once at the
Head,

76 The True Way of
Head, and four times at the
End, by the Stalk : as you
prick them, put them into
clean cold Water : Then
weigh them, and scald them
tender, and put them into
cold Water ; then take the
Weight of them in Sugar,
and clarify it with a Quart
of Water, to a pound of Su-
gar, and let the Syrrup be
cold : Then pack the *Plumbs*
in a Preserving-pan, and put
the Syrrup to them, and cov-
er them with Paper, and set
them by *Twenty Four* Hours :
Then set them on a gentle
Fire, and let them be scal-
ding-hot ; then cover them,
and set them by again for a
Night and Day : then set
them

Preserving & Candying. 77
them on the Fire again , and
let them be scalding-hot a-
gain : Then cover them, and
set them by. *Twenty Four* Hours
more : then drain them upon
a splintered Sieve, and boyl
the Syrrup till it begins to
draw ropy : Then pack them
in the Preserving-Pan , and
put the Syrrup to them, and
set them on the Fire, and let
them begin to boyl : then set
them by, covered with Paper,
for *Twenty Four* Hours more :
then lay them upon a Sieve,
to drain from the Syrrup; and
take the Syrrup, & boyl it till
it will draw ropy a little : if
the Syrrup be tawny, you must
put fresh Syrrup : Then they
being packed in a pan, put the
Syrrup

78 The True Way of
Syrrup to them, and set them
on the Fire, and let them just
boyl ; but let all places of the
Pan be hot alike : Then cover
them with Paper , and set
them by *Eight and Forty Hours*:
then drain them from the
Syrrup , and by that time
they will be preserved. After-
wards you may put them
in Jelly, or Dry them as you
do the *Muffel-Plumbs*.

To Preserve and Dry White Pear-Plumbs.

Take *White Pear-Plumbs*,
and prick them , and
weigh them ; and to a pound
of

Preserving & Candyng. 79
of *Plumbs*, take a pound of Su-
gar clarifyed, and boyled till
it is ready to draw ropy : then
put in the *Plumbs*, and set them
on a gentle Fire, till they be-
gin to split ; then take them
off, and set them by an Hour :
Then *turn* every one of them
with the *point* of a Pen-knife ;
then set them on the *Fire* again
till they are scalding-hot :
Then set them by, covering
of them with White Paper,
and let them stand till the
Morrow; and be sure let them
be covered with the Syrrup ;
then drain them upon a Sieve,
and boyl the Syrrup till it will
draw ropy ; and put them in
again, and set them on the
fire, and let them boyl a little
very

80 The True Way of
very gently ; then scum them,
and cover them with Paper,
and set them by Six Hours :
then set them on the fire a-
gain, and let them just boyl :
then scum them, and cover
them with Paper, and set
them by all Night : Then lay
them upon Sieves to drain ;
and take a-fresh their weight
in Sugar, and boyl it till it
will draw ropy : Then put
the *Plumbs* into it, and set
them on the Fire, and let them
boyл gently ; but have a care
you do not break them : Then
take off the Scum, cover them
with Paper, and set them by
Four and *Twenty* Hours ; then
lay them upon Sieves to drain,
and boyл the Syrrup again till
it

Preserving & Candyng. 81
it will draw ropy ; and put in
the *Plumbs*, and set them on
the Fire, and let them just
boyл ; then cover them, and
set them by till the next Day :
Then lay them upon a Sieve
to drain ; and when they are
drained clear from the Syrrup,
pack them in Pots or
Glasses, and boyл the Syrrup
till it is a good Jelly, which
you may know by setting a
little in a Spoon ; and when
it is a good Jelly, put it to
them, and be sure it doth co-
ver them : If you find the
Jelly is too high coloured,
you may take some small *Pear-*
Plumbs, and cut them in pie-
ces, and put them in a Pre-
serving-Pan ; and to Two

F Pound

82 The True Way of
Pound of *Plumbs*, put Three
Pints of fair Water ; boyl
them till you have mashed
them, then put them in the
Bag, and strain out the Li-
quor from them, and let it
stand and settle : Then to a
pint of it, take a pound of
Double-refined Loaf-Sugar ,
and put them together, and
boyl it to a Jelly ; then put
it to your *Plumbs*, and when
they are quite cold , paper
them up, and set them in your
Closset ; but not near Heat.

IF you would dry *White Pear-
Plumbs*, then take as much
fine Sugar that is clarify'd, as
will contain them, and boyl it
till it will draw ropy ; and
when

Preserving & Candyng. 83
when the *Plumbs* are Preser-
ved, and fit to put up in Pots,
put them into this Sugar, and
set them on the Fire, and let
them be thorow hot ; then co-
ver them with a Sheet of
White Paper, and set them in
the Stove *Forty Eight Hours*,
in a warm place : Then take
them out, and let them be
quite cold ; then lay them up-
on Plates to dry, dusting
them with Double-refin'd Su-
gar, in a Bag made of fine Lin-
nen ; and when one side is
dry, then turn them into a
dry Sieve upon Paper , and
dust them again, and set them
in the Stove till they are
quite dry : Then pack them
into a dry Box , with dry
F 2 Papers,

84 The True Way of
Papers, and set them in your
Closset.

*To make Confarve of Red
Roses.*

Take Red-Rose-Buds, and pick them, and cut off the White Part from the Red, and put the Red-Flowers in a Sieve, and sift out the Seeds; then weigh them, and to a pound of the *Flowers*, take Two pound and an half of Loaf-Sugar, beat the *Flowers* pretty fine: then by degrees put the Sugar to them, and beat it very well, till it be well incorporated together: then

Preserving & Candyng. 85
then put it in Gally-Pots, and cover it with a dry Paper, and tye it over with a double Paper; and it will be good Four or Five Years.

*For Preserving and Drying
the Plumb called the Yel-
low-Amber-Plumb, or
the White Margaret-
Plumb.*

Take them, and weigh them, and take the Weight of them in Sugar, and clarifie it, and boyl it till it doth draw ropy; then put them into it, and set them on

86 The True Way of
the Fire, and let them just
split ; then take them off, and
turn them, and set them on a-
gain, and let them be just rea-
dy to boyl ; then cover them
with White-Paper, and set
them by *Four* and *Twenty*
Hours : Then lay them up-
on Sieves to drain, and take
the Syrrup, and boyl it till it
will draw ropy ; and pack the
Plumbs in the Pan, and put it
to them, and set them on the
Fire, and let them almost
boyl : Then take off the
Scum, and set them by *Four*
and *Twenty* Hours, covering
them with White Paper :
then drain them on a Sieve,
and add to the Syrrup a quar-
ter of a pound of Sugar, for
each

Preserving & Candyng. 87
each pound of *Plumbs* ; and
boyl up the Syrrup and Su-
gar, till it will draw ropy ;
then put it to the *Plumbs*, and
set them on the fire, and let
them boyl a little very gent-
ly : Then take off the Scum,
and cover them with Paper,
and set them by till the next
Day ; then drain them upon
a Sieve ; and when they are
drained clean from the Syr-
rup, pack them in Pots or
Glasses, and strain the Syrrup
thorow a Hair-sieve, and boyl
it to a Jeily, and put it to
them, and let the Jelly cover
the *Plumbs* ; and when they are
cold, then paper them with
wetted Papers, and tye them
over

88 The True way of
over with dry Papers, and set
them in your Closset.

TO Dry these *Plumbs*, you
must boyl a new Sugar,
and put them in, as you do for
White Pear-Plumbs.

*To Preserve and Dry Black
Pear-Plumbs.*

Take the largest *Black-
Pear-Plumbs*, and weigh
them ; and take the full
weight of them in Sugar, boyl
it till it doth draw ropy ; then
put in the *Plumbs*, and set
them on the Fire till they be-
gin to split : then take them
off,

Preserving & Candyng. 89
off, and set them by an Hour ;
then turn them with the
Point of a Pen-Knife, and set
them on the fire again, till
they are ready to boyl ; then
take them off, and cover them
with papers, and set them by
Four and Twenty Hours ; then
lay them on a splintered Sieve
to drain ; Then take the Syrrup,
and boyl it till it will
draw ropy ; and have the
Plumbs packed in the Pan, and
put it upon them, and set
them on the fire, and let them
boyl a little, the fire being
gentle : Then scum them, and
cover them, and set them by
till the next Day ; then lay
them upon a Sieve to drain,
and boyl the Syrrup till it will
draw

90 The True Way of
draw ropy, and put to them as
before ; and set them on the
fire, and let them just boyl :
then set them by Six Hours ;
then heat them again, till they
are ready to boyl , then set
them by all Night; then drain
them on a Sieve again , and
boyld the Syrrup to them as
before, and set them on the
fire again, till they begin to
boyl : Add what Sugar you
see wanting : Then cover
them with Papers, and set
them into the warm Stove ,
and let them stand *Four and*
Twenty Hours; then take them
out, and let them be cold, and
pack them in Pots or Glasses,
and boyl the Syrrup till it is a
good Jelly ; then put it to
them,

Preserving & Candyng. 91
them, and let it cover them ;
and when they are cold, pa-
per them with wetted papers,
and tye them over with dry
papers, and set them into a
dry Closset. You must take
care to strain the Syrrup tho-
row a Hair-Sieve, before you
boyld it to a Jelly , for those
you put in Pots or Glasses.
And for those to dry , you
must boyl as much Sugar till
it will rope, as will handsom-
ly receive them , that they
may swim in it ; that when
you cover them with papers,
they may lye all under Sugar;
and when your Sugar is boy-
led, and put to them, set them
on the Fire, and let them be
thorow hot all over : then co-
ver

92 The True Way of
ver them down with papers,
and set them into a warm
Stove for *Forty Eight* Hours:
Then take them out, and let
them be quite cold, and drain
them clean from the Syrrup
on a Sieve, and lay them on
Boards or Sieves to dry, but
not on Plates; for that will
alter the Colour of them.
You must dust them, and turn
them, and dry them as you do
other *Plumbs*.

For

Preserving & Candyng. 93

For drying of *Black* Pear-
Plumbs, *with a little Su-*
gar, that they may Eat
very sharp.

Take your *Plumbs*, and
stone them, and weigh
them; and to a pound of
Plumbs take half a pound of
Sugar, and boyl it Candy-
high; then put in the *Plumbs*,
and set them on a very gentle
fire, and let the Sugar by
degrees boyl over them. You
must often shake them, that
they may enter all alike. Then
cover them with paper, and
set them into a warm Stove
Eight

94 The True Way of

Eight and Forty Hours : Then drain them from the Syrrup, and put a quarter of a pound of Sugar to each pound of *Plumbs* more, together with the Syrrup ; boyl it till it will draw ropy : Then put in the *Plumbs*, and set them on the fire, and let them boyl a little gently, just that they may be all hot thorow : Then set them in the Stove again, covered with papers, and let them stand *Eight and Forty Hours* more : Then take them out, and lay them a draining on a Sieve : then lay them out on Sieves to dry, and as you lay them out, mend those that are broke. When they are dry, wet a Cloth

Preserving & Candyng. 95

Cloth with clean hot Water, and wipe off the Clammynes, and put them in dry Sieves, and set them in the Stove again, till they are dry ; then pack them up in dry Boxes.

To Preserve and dry Damsons.

Take of the largest, and best *Damsons* you can get, and weigh them ; and take the full weight of them in Sugar, and boyl it Candyhigh ; then put in the *Damsons*, and set them on the fire till they begin to split : Then set them by Two Hours ; Then

96 The True Way of

Then *turn* them, and set them on the fire, and let them boyl a little very gently : Then cover them with Papers, and set them by till the next Day : Then set them on the Fire again, and let them boyl a little very softly : Then cover them, and set them by till the Morrow : then lay them upon a Sieve to drain from the Syrrup, and boyl the Syrrup till it will draw ropy : Then put it to the *Damsons*, and set them on the Fire, and let them boyl ; then cover them with Paper, and set them by till the Morrow : Then drain them from the Syrrup clean upon a Sieve, and pack them in Pots or Glasses, and boyl

the

Preserving & Candyfing. 97

the Syrrup to a Jelly, and put to them ; but keep some of it till it is almost cold : Then put it on them, and cover them.

And for to Dry them, take them when they are Preserved and Drained, and ready to put into Pots ; and pack them in a Pan, and boyl as much Sugar as will just cover them, till it will draw ropy, and put it to them, and let them have a thorow Heat on the Fire ; and then cover them, and set them into the Stove for *Four* and *Twenty* Hours, in a hot place : Then take them out, and let them be cold, and lay them upon

G Boards

98 The True Way of
Boards to dry, they being
drained from the Syrrup. Let
them be dusted with some Su-
gar in the Bag, and dried as
you do other *Plumbs* ; and
when they are dry, pack them
into Boxes, with dry Papers
between each Laying ; and
set them in your Closset.

To Preserve Barberries.

Take the best and largest
Barberries you can get,
and stone them ; and to a
pound of *Barberries* take *three*
pound of Sugar, and clarify
it, and boyl it till it is Candy-
high ; Then put in the *Bar-
berries*

Preserving & Candyng. 99
berries, and set them on the
Fire, and let them boyl till
the Sugar just boyleth over
them all ; then take them off,
and take off the Scum , and
put them into an Earthen-
Pan, and cover them with Pa-
per, and set them by till the
next Day : Then put them in
Pots, and put the Syrrup up-
on them to cover them : Tye
them up with Papers, and al-
so lay pieces of Paper cut
round upon them , to keep
them under the Syrrup : Set
them in your Closset.

G 2 To

*To make Consarve of Bar-
berries.*

Take Barberries, and strip them, and put them into a large Pot, or a Pitcher, that you may tye them down close: Then set them into a Kettle of boyling Water five Hours; then take them, and strain them very hard thorow a strong Napkin or Towel; and to a pound of the Liquor, take a pound and a quarter of Sugar, boyl it Candy-high, and put in the Liquor, and boyl it till it is come to a good body; which you may try, by

Preserving & Candyng. 101
by setting a little by in a Spoon to cool: When it is enough, then put it in Pots, and lay Papers upon it, and tye it over with dry Papers, and set in your Closset.

*To dry Pears with Sugar,
to keep all the Year.*

Take Poppering-Pears, and thrust a picked Stick in at the Head of them, till it goeth beyond the Core: Then scald them, but not too tender; then pare them the long way into Water, and take the weight of them in Sugar clarifyed, with a Pint and an

102 The True Way of
half of water to a pound of
Sugar ; strain the Syrrup
clear, and put in the Pears :
Set them on the fire, and boyl
them pretty handfomly for
half an Hour : then cover
them with Papers, and set
them by till the Morrow ;
then boyl *them* again, and set
them by till the next day ; and
then take *them* out of the Syrrup,
and boyl it till it will
draw ropy ; and pack them in
a Pan, and put it to them ;
and if it will not cover them,
then add soime Sugar. Set
them on the Fire, and let
them boyl all over : then cover
them with Paper, and set
them in the Stove *Four and*
Twenty Hours ; and then take
them

Preserving & Candyng. 103
them out, and let them be
cold : Then lay them upon a
Sieve to drain ; then lay them
on Plates, and dust them with
some fine Sugar, and set them
into the Stove to dry ; and
when one side is dry, then
turn them upon Papers in a
Sieve, and dust the other side,
and set them into the Stove
again, till they are quite dry :
Then pack them up with Pa-
pers between each Laying,
and keep them in a Coffet.

*To Preserve and Dry Pe-
aches or Necktrines.*

TAke Peaches that are
White, and not those
G 4 that

104 The True Way of
that are Red at the Stone, and
cut them in the Middle, and
take out the Stone, and pare
them, and weigh them, and
scald them ; and to a pound
of them, take three quarters
of a pound of Sugar, and cla-
rify it with a pint and an half
of Water, and strain it, and
let it be cold : Then put in
the *Peaches* or *Necktrines*, and
set them on a gentle Fire, till
they are tender : Then *scum*
them, and cover them with
Paper, and set them by : On
the Morrow, set them on the
Fire again, and let them just
boyl ; and cover them with
Paper again, and set them by
till the next Day : Then lay
them to drain from the Syr-
rup,

Preserving & Candyng. 105
rup, and take the Syrrup, and
boyl it till it begins to draw
ropy : Then pack them in a
Preserving-Pan, and put the
Syrrup to them, and set them
on the Fire, and boyl them a
little ; then *scum* them, and
set them by ; and if they want
Sugar, you must add a little
more before you boyl the Syr-
rup : Then let them stand till
the morrow ; and then lay
them upon a Sieve to drain ;
and those that you will put
into Pots or Glasses, you
may : And to make the Syr-
rup Jelly, you must put some
Pippin-Water to the Syrrup,
and boyl it to a Jelly ; and put
it to them, and cover them
with it : And those that you
will

will dry, you must take half of their Syrrup, and the other half fresh Sugar, and boyl it together till it will draw ropy ; and pack them in a Pan, and put it to them ; and set them on the Fire till they are ready to boyl ; then set them into a hot Stove *Twenty Four Hours* : Then take them out, and let them be quite cold ; and then lay them upon a Sieve to drain : Then lay them upon Plates to dry, and dust *them* a little, and set *them* into the Stove ; and when one side is dry, turn *them*, and dust the other side, and set *them* into the Stove till they are quite dry. Then pack them up with Papers, &c.

To

To Preserve White Quinces, Whole or in Quarters.

Take smooth and *hand-some Quinces*, and scald *them* till they are tender to the Core. You must lay a Pewter-Dish upon *them*, to keep *them* under the Water. When they are scalded, then take *them* up, and set them by till they are cold. Then those that you will Preserve Whole, you must take out their *Cores* with a picked Knife, and pare them : And for those that you will do in Quarters, quarter *them*,

108 The True way of
them, and pare them, and weigh
them ; and to a pound of
Quince, take a pound and a
quarter of fine Sugar, cla-
rify it, and boyl it till it will
draw ropy very well : Then
put in the Quinces, and set
them on the Fire, and boyl
them, shaking of them some-
times, and scumming of them :
And when the Syrrup begins
to Jelly, take them off, and let
them stand open an Hour ;
then set them on the fire again,
and let them boyl till the Syr-
rup will Jelly very well : Then
take them off, and shake them,
and scum them, and set them by
till the next Day : Then take
the Quinces from the Syrrup,
and pack them in Glasses or
Pots,

Preserving & Candyfing. 109.
Pots, and warm the Syrrup,
and strain it thorow a Hair-
Sieve, and boyl it to a Jelly,
and put to the Quinces, and co-
ver them with it ; and when
they are cold, cut some Pa-
pers round, fit for the Glasses,
and wet them in fair Water,
and dry them in a Napkin,
and lay them upon the Jelly,
and cover them with dry Pa-
pers, and tye them with Pack-
thred, and set them in your
Closet.

IF the Jelly to the *White Quin-*
ces should not be strong e-
nough, you may cut some
small Quinces, and boyl them
in some Water, and make it
strong of the Quinces, and put
some

110 The True Way of
some to the Jelly, and boyl it
up, and put it to the *Quinces*,
and be sure, to cover them
with it.

*To Preserve Red Quinces
Whole or in Quarters.*

SCal'd the *Quinces* tender,
and core those that you
will do Whole, and pare them;
and quarter, and pare those
that you will do in Quarters;
and weigh them, and the
whole Ones together; and
take a pound and a quarter
of Sugar, to a pound of *Quince*;
clarify the Sugar with a pint
and half of Water to a pound
of

Preserving & Candyng. 111
of Sugar, and put in the *Quin-
ces* into the thin Syrrup; and
set them on the Fire, and cov-
er them with an Earthen-
Dish very close: Let the Fire
be very gentle, that they may
only stew, and hardly boyl;
for they must stand upon the
Fire till they are turned Red,
and of a good Colour; which
will take up about four
Hours: But you must be go-
verned by the Goodnes of
the Colour, and take care
that the Syrrup do not grow
thick too fast, and that the
Quinces do not burn: And
when you see the *Quinces* are
of a good Colour, let the Syr-
rup boyl thick with them in
it: Then take them off, and
put

112 The True Way of
put the *Quinces* in Glasses or
Pots, and itrain the Syrrup,
and boyl it, and put it to
them, and cover them with it,
When you Preserve the *Quin-
ces*, you may put in some
Quince-Cores, which will help
to make the Jelly the better,
and the Colour likewise. You
must paper these, and all
things that are done in Jelly,
with wetted Papers, dried
a little in a clean Napkin;
and tye them over with dry
Paper, and set them in your
Closset; but near no Heat.

To

Preserving & Candyng. 113

*To make White Marma-
lad of Quinces, accor-
ding to the Portugal-
Fashion.*

SCal'd the *Quinces*, and pare
them, and cut the Pulp
clean from the Core, and beat
it in a Mortar, and force it
through a Cullendar, and
weigh it; and to one pound
of Pulp take a pound of fine
Sugar; clarify it, if it be
powder Sugar; but if it be
Loaf-Sugar, you need only to
put a little Water to it, that
you may dissolve it, to boyl it
till it is Candy-high: Then
H put

114 The True Way of
put in the *Quince-Pulp*, and
set it on the Fire, and boyl it
till it cometh from the bottom
of the Pan: But if you can-
not understand that, then lay
a little of it on a Plate, to see
if it be come to a Body; and
when you perceive it is, then
put it into Boxes, or Pots, or
Glasses; and when it is cold,
put Papers over it, or cover
the Boxes.

To

Preserving & Candyng. 115

*To make White Marma-
lad of Quinces Jellyed,
and with whole Lumps
in it.*

Scald the *Quinces*, and pare
them, and slice them in-
to thin Slices: Then take a
pound of fine Loaf-Sugar, and
wet it with Decoction of *Quin-
ces*, which is Water made
strong by cutting some *Quin-
ces* to pieces, and boyling in
it: Put half a Pint of This to
a Pound of Sugar, and put a
pound and a quarter of Sugar
to a pound of the *Quince-Pulp*,
but boyl the Sugar first, till it

H 2 will

will draw ropy very well; and then put in the *Quince*, and boyl it till it will Jelly: Then put it into Glasses, or flat Pots.

To make White Quince Paste.

Sald the *Quinces* tender to the Core, and pare them, and scrape the Pulp clean from the Core, and beat it in a Mortar, and force it thorow a Cullendar: Then take to a pound of the *Quince* a pound and four Ounces of Sugar, and boyl it till it is Candy-high: Then put in the *Quince*, and

Preserving & Candyng. 117
and stir it about continually, till you see it come clear from the bottom of the Pan: Then take it off, and lay it out upon Plates with thin-frames when it is cold: And if you spread some thin upon Plates, you may cut it into *Quince-Chips*. This *Paste* must be dusted, when you put it into the Stove: and when you turn it upon Paper, which must be into a Sieve, when it is dry, you may pack it up in a dry Box, and put Papers between each Laying. You must look to it sometimes; and when it wants dry Papers, then shift it.

You may make *Red Quince*.

Paste the very same way that you do *White* ; only you must colour it *Red* , with some *Cutchenele Colouring* ; which I directed to be made at the Beginning of the Book.

If you lay some *Red Paste* thin upon Plates to dry, for to cut in Chips, they will mix with the *White*.

To make Red Quince-Marmalad.

Scald the *Quinces*; and pare them, and cut the Pulp clean from the Cores: Then take

Preerving & Candyng. 119
take a pound of Sugar good weight, to a pound of *Quince*; clarify the Pound of Sugar with a pint of Water; strain it clean, and put in the *Quince*, and cover it very close, and set it on a Fire that is very slow, that it may be of a good *Red Colour*, before it is boyled too thick; and when you see it is come to be of a good Colour, then boyl it till it is come to a good Body; and keep it stirring, that you do not burn it: When it is enought, which you may know by putting of a little upon a Plate to cool: Then put it up in Pots or Glasses.

H. 4 . . . To

*To make Ordinary Rasper-
ry-Cakes, with Seeds in
them.*

Take Raspberries clean picked, and put them into a Preserving-Pan, and set them on the Fire, and dry away the Juyce, till the Pulp is grown thick: Keep them stirring all the time they are drying; and when the Pulp is thick, then weigh it; and to a pound of Pulp, put a pound and three Ounces of Double-Refined Sugar, or (if you please) Single-Refined. Let the Sugar be beaten, and serced

Preserving & Candyng. 121
serced as fine as Flower: Then put them together, and set them on the Fire, and stir them together; and let it stand on the Fire till it is well mixed, and is ready to boyl: Then take it off, and pour it into an Earthen-Pan, and let it stand till it is cold: then lay it out upon Wainscot-Boards that are very dry and clean. You need not dust this Paste. You must use Tinn-Rings, to lay it out with. Let the Fire be moderate, whilst this Paste is in the Stove. When it is dry, pack it up with Papers between each Laying, in a dry Box.

To

To Dry English-Figgs.

Take *Figgs* that are Ripe, and pare them, and weigh them; and to a pound of *Figgs*, take a Pound of Sugar clarifyed with a Pint and an half of Water; scum it clean, and put in the *Figgs*, and set them on a gentle Fire; and when you think they are thorow scalded, then take them off, and cover them with a piece of White Paper, and set them by till the next day: then set them on the fire again, till they are ready to boyl; then set them by till the next day: Then take them out of the Syrrup, and boyl it till it will rope;

Preserving & Candyng. 123
rope; then put them into it again, and set them on the Fire, and let them boyl gently half an Hour: Then scum them, and set them by till the Morrow: then drain them from the Syrrup, and add half a pound of Sugar to each pound of *Figgs*: put the Sugar, and the Syrrup together, and boyl it till it will rope: Then put in the *Figgs*, and let them have a good Heat on the fire, till they are ready to boyl: Then cover them down with Paper, and set them in the Stove *Three Dayes*; then lay them out upon Pewter-Plates to dry, and dust them with a little fine Sugar. You must turn them *Three or Four times*,

124 The True Way of times, before they must be turned upon Paper.

It is the best way to Preserve them in a Pewter-Bason.

To Dry Pears or Pippins, without Sugar.

Take them, and wipe them clean; and take a Bodkin, and run it in at the Head, and out by the Stalk, and put them in a flat Earthen-Pot, and bake them, but not too much. You must tye white Paper over the Pot double, that they may not scorch.

Preserving & Candyng, 125 scorch. And when they are baked, let them be cold: Then drain them from the Liquor, and lay them upon Sieves with wide Holes; and dry them in a hot Stove, or an Oven.

To make Rocks of Cyttron, and Orenge, and Lemmon, and Angelica.

Take of the Greenest tender *Cyttron*, and of the Preserved *Angelica*, and *Orenge*, and *Lemmon*; peel an equal Quantity; and cut them in small long pieces, and boyl as much Sugar, as will receive the Quantity that you do, till it

126 The True way of
it will rope : Then put in the
before-mentioned Particulars;
and boyl all together, till it
will Candy : Then lay it
out in Rocks upon Writing
Paper ; and when it is cold,
it will be dry to pack up.

*To Candy Flowers of Ro-
ses, Violets, Cowslips,
Burrage, or any other
Flower.*

Take the *Flowers*, and
pick them from the
White part : then take fine
Sugar, and boyl it Candy-
high,

Preserving & Candyng. 127
high, as much as will receive
the quantity of *Flowers* that
you will do : Then put in the
Flowers, and stir them about
till you perceive the Sugar to
Candy very well : then take
them off from the Fire, and
keep them stirring till they
are cold in the Pan that you
Candy them in, and that the
Sugar looks as if it was sifted
upon them : Then sift the
Loose Sugar from them, and
keep them dry.

To make Marchpain.

Take a pound of Sweet
Almonds, and blanch
them,

128 The True Way of
them, and wash them, and
dry them in a clean Cloath,
put them in the Mortar: Then
take Three quarters of a
pound of fine Sugar, and put
to them, and beat them toge-
ther, and sprinkle in a few
Drops of Rose-Water; beat
it till you see it is a very good
Paste: Then roul it out as
thin as you think convenient,
and make the Marchpains in-
to what shape you please. You
may have a little fine Sugar
beaten, and serced, to strow
under it as you roul it out, to
keep it from sticking.

And to Ice them, beat dou-
ble-Refined Sugar, and serce
it as fine as Flower, and wet
it with Rose-Water, and stir
it

Preserving & Candying. 129
it well together; make it so
thin, that you may spread it
thin over them with a Brush,
or a Bunch of strong Fea-
thers: Then bake them in an
Oven that is not too hot.
You must put them upon wa-
fer-Paper, and paper under
it.

You may strow some
Bisket-Comfits upon them,
or what other Comfits you
please; or you may stick large
Comfits on them, when they
are hot.

I To

To dry Green Jenneting- Apples.

Take them, and with a little picked Stick, prick them in at the Head quite thorow the Core, and put them into clean Water; then take some fair Water in your Preserving-Pan, and put them into it, and lay a Pewter-plate upon them, to keep them under the Water, and set them upon a very gentle Fire, and scald them pretty tender; then put them into clean cold Water; and when they are cold, that you can handle

Preserving & Candying. 131
handle them, then peel them into another cold Water: Then take the weight of them in Sugar, and clarify it with a quart of Water to each pound of Sugar; strain it, and let it be quite cold: Then put in the *Jennetings*, and let them stand *Four* and *Twenty* Hours covered with a Paper; then take off the Paper, and set them on a gentle Fire; and let them boyl: Then cover them, and set them by till the next day; then set them on the Fire, and heat them as before: And when they have stood a Night after they have been heated, then drain them out of the Syrrup, and strain it, and

I 2 boyl

132 The True Way of
boyl it till it begins to be
thick, but not to draw: Then
put them into it again, and
heat them a little in it; but
let them not boyl: Then
cover them, and set them by
Two dayes; then take the
Syrrup, and boyl it till it will
draw ropy; and if there be
not Syrrup enough to cover
them, then add to it some
Sugar: And when it will
draw, put in the *Jennetings*,
and let them have a little heat
on the Fire: Then set them
by, for they are Preserved e-
nough: And when they have
stood *Four* and *Twenty* Hours,
then drain them out of the
Syrrup, and have a fresh Su-
gar clarify'd, and take as
mch

Preserving & Candying. 133
much as will cover them, and
boyl it till it will draw ropy,
and put them into it, and co-
ver them with a Paper, and
set them into the Stove, in a
warm Place *Eight* and *Forty*
Hours: then take them out
of the Stove, and let them
stand till they are cold: then
drain them clean from the
Syrrup upon a dry splintered
Sieve; and when they are
drained, lay them upon Plates
to dry, and dust them a little,
and dry them in the Stove;
and when dry, pack them up
in a dry Box, with dry Papers.
Keep them in a Closset, not
near any Fire.

To Preserve and Dry Grapes.

Take of the best *White Grapes* before they are too Ripe, and pick out the Stones, and weigh them ; and as you stone them, put them into a good *quantity* of fair *water* ; and when they are all stoned, put them into a good quantity of cold Water, and set them on a moderate Fire till they are scalding hot ; but let them not boyl : Then take them off, and put them into cold Water ; then take the *weight* of them in Sugar, as fine

Preserving & Candyng. 135
fine as you please, and clarify it with a quart of Water to a pound of Sugar, and let it stand till it is cold : then pack your *Grapes* handsomly in your Preserving-Pan, and put the Syrrup to them, and cover them close with Paper, and set them by *Four* and *Twenty* Hours : Then set them on a very gentle Fire, and let them be scalding-hot ; then cover them with Paper, and set them by *Twenty Four* Hours more : then drain out the Grapes, and boyl the Syrrup till it is almost ready to draw out roping : then pack the *Grapes* in a Pan, and put the Syrrup to them, and set them on the Fire, till they almost boyl :

I 4 then

136 The True Way of
then cover them, and set them
by ; for they will be Preser-
ved enough ; and let them
stand *Twenty Four Hours* in the
Syrrup : And you may put
some of them into Pots or
Glasses, and make a Jelly, and
put to them. You may make
your Jelly of strong Pippin-
Water , and Double-refined
Sugar, as formerly directed.

AND for those that you
will Dry, you must have
some Sugar clarifyed ; and
boyl it till it will draw ropy :
Having your *Grapes* packed in
a Pan , pour it upon them,
till they have enough to
cover them : Then set them on
the Fire, and let them be tho-

row

Preserving & Candyng. 137
row hot : then cover them
with Papers , and put them
in the hot Stove for *Twenty-
Four Hours* : then take them
out, and let them be quite
cold : then drain them upon a
dry Sieve from the Syrrup,
and lay them upon dry Sieves,
and dust them, and set them
in the Stove, and dry them.

*To make Bisket to be Ba-
ked in Tinn-Frames.*

Take Six Eggs, and Two
spoonfuls of Rose-Wa-
ter, and beat the Eggs , and
Rose-Water together, with a
new White Whisk , or (as
some

138 The True Way of
some call it) a White Rod :
Then put in one pound of
Sugar, and with a Spoon stir
it quick about, till you have
mixed it. Then take almost

*The Sugar must
be beaten, and
sifted.* a pound of the
finest Flower ,
and put to it ,
and stir it about

very quick, till it is mixed ,
that you can see no dry
Flower : Then having the
Bisket-Pans papered , put in
the Batter, and gently scrape
a little Loaf-Sugar upon it ;
then set it into the Oven, not
too hot ; for then it will be
coloured too much before it
is baked : When it is baked ,
take it out of the Pans, and
dry it in the Oven, and pack
it up. You

Preserving & Candyng. 139

Y ou may bake some of the
same Batter in *Tinn-Frames*,
made in the Form of a Heart,
and several other Forms ; but
you must butter the Bottom
of them a little , or else the
Bisket will not come out
handsomly.

*To make the Little Hollow
Bisket-Cakes.*

TAKE Six Eggs, and a
spoonful of Rose-Wa-
ter, and beat them together
very well : Then put in a
pound and two Ounces of Su-
gar, beaten, and sifted ; stir it
till

140 ³ The True Way of
till it is well mixed ; then
put in as much Flower as will
make it thick enough to lay
out in Drops upon Sheets of
White Paper, and stir it toge-
ther till the Flower is just
mixed : then drop it out up-
on White Paper, and beat a
little Loaf-Sugar, and put in-
to a little Lawn-Sieve, and
sift a little upon them, and
bake them in an Oven that
is not too hot : As soon as
they are baked, whil'st they
are hot, pull them off from
the Papers, and put them in
a Sieve, and set them into the
Oven : when it is almost cool,
and when they are dry, then
pack them up for Use.

To

Preserving & Candying. 141

To make Almonds Puffs.

Take half a pound of *Sweet Almonds*, & blanch them, and beat them very fine with three or four spoonfuls of Rose-water : then take of the finest Gum-Draggon almost half an ounce, steeped in Rose-water three or four days before, and put to the Almonds, and beat it together : then take as much Double - refined Loaf-Sugar, beaten, and serced, and put to it as will make it fit to roul out, which you must

*Put a little
fine Flower to
the Sugar.*

must do ; and cut it into what Shapes you please, and lay it upon White Paper, and bake it in an Oven that is gently hot : When they are baked enough, then take them off the Papers, and dry them in the Oven when it is almost cold.

To make Chocolet-Puffs.

Take Six Eggs, and beat them very well with a white Rod ; and take a quarter of an Ounce of Gum-Draggon, steeped in Rose-water Three Dayes before, and put it to the Eggs, and mix it well

well together : then take a pound and an half of Loaf-Sugar, beaten, and serced, and put to the Eggs, and four Ounces of Chocolet grated, or powder fine ; mix altogether very well : Then take as much fine Flower, and put to it, as will make it into a Paste to roul out ; which do, and cut it into what Shape you please, and bake it upon white Papers ; and take them off as soon as they are baked, and dry them as you please, in the Oven.

To

To Preserve and Dry Wal - Nuts.

Take the large Wallnuts before the Shell is grown hard in them, and mix some Milk and Water together ; and pare off the Green part, and put them into it : When they are all pared, then set them upon the Fire, and boyl them till they are tender ; but if you see the Milk and Water turn very black, then take fresh Milk and Water, and boyl them in ;

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in ; and when they are boyled tender, then put them into clean cold Water, and take the weight of them in Sugar that is White and good, and clarify it with a Quart of Water to a pound of Sugar : and when it is cold, put them into it, & let them stand 12 Hours : Then set them on the Fire, and boyl them in the Sugar a little : Then set them by till the next day ; then drain them from the Sugar, and boyl it till it will draw ropy : then put them into it again, and let them have a little boyling ; then set them into the hot Stove a Day and a Night : And then, when they are cold, drain them out of

K the

146 The True Way of
the Syrrup, and lay them up-
on Plates, and dry them. You
may dust them a little with
some fine Sugar.

IF you would put any of
them in Pots, then put a
little Water wherein *Goose-
berryes* have been boyled to the
Syrrup, to keep them from
Candying, and stick half a
Clove in each of them.

*To make Gembals of a
very good Sort.*

Take six Eggs, and two
or three Spoonfuls of
Rose, Water; and beat them ve-
ry

Preserving & Candying. 147
ry well together ; then put in
a pound of Sugar sifted, and
mix it very well ; then put to
it as much fine *Flower*, as will
make it roul out ; which you
must do, and lay them in what
forms you please, and bake
them upon white Papers ;
but be sure take them off as
soon as they come out of the
Oven ; and dry them as you
please ; and when dry, pack
them up for Use.

K. 2

To

To make the best Rock-Candy.

Take Flowers, Fruit, or Spices, that have been Preserved throughly, or boyled in Sugar, till they would dry very well ; then dry them in the Stove, and take an Earthen-Pot, that is made narrower at the Bottom, than it is at the Top ; and take clean dry white Whisks, and cut off a fit Length, and lay enough at the Bottom of the Pot to cover it : then lay on a Laying of such things, as you will Candy : then lay another

Preserving & Candyng. 149
another Laying of the white Whisk, and so likewise of what you do Candy : and so do till the Pot is full : then boyl as much Sugar Candy-high, as will cover all, and fill the Pot, and put it into the Pot, and set it into the warm Stove for thirty hours ; then take them out, and pour away the Sugar, and set the Pan into the warm Stove again for thirty Hours more ; then take out all the Candies, and lay them in the Stove to dry ; and when they are dry, pack them up in a Box, and keep them in a dry Closset.

K 3 To

To make Pistachoe-Paste.

TAKE a quarter of a pound of the Kernals of Pistachoe-Nuts, and one pound of Jordan-Almonds; blanch the Almonds, and beat them, and the Nut-Kernals together, with a little Rose-Water, till it is a fine Paste; then take two pounds of double-refined Sugar, and melt it, and boyl it Candy-high: then

put in the Paste, and stir it well together; & if it be not green enough, then put

The Way to make Spinnage-Colouring, is directed in Page 21.

if it be not green enough, then

Preserving & Candyng. 151
put in a little Spinnage-Colouring, and Six Grains of Amber-Greace; mix all well together, and drop it out into what Shape you please; and if it be not dry enough, then set it in the Stove a little, and it will be fit for use. You must stick three pieces of Kernel upon each piece of Paste, when it is soft.

To Preserve Wallnuts when they are Green.

TAKE Wallnuts before the Shell is grown hard in them, and prick them quite through, from one end to the

K 4 other;

152. The True Way of
other ; and as you prick them,
put them into fair Water, then
set them on the Fire, and boyl
them till they are tender, then
make thin Syrrup with a
quart of Water to a pound of
Sugar ; and after your Nuts
have been laid in several Wa-
ters for three dayes to take a-
way the bitterness, then pack
them into a Preserving-Pan,
and put the Syrrup to them,
and let them stand *Eight* and
Forty Hours, then boyl them
till the Syrrup begins to draw,
then set them by for *Eight* and
Forty Hours more ; then boyl
them again till the Syrrup
will draw ropy very well,
then put them up in Pots for
use.

To

Preserving & Candying. 153

To Preserve Pippins in
Jelly.

Take choyce good *Pippins*
and pare them, but
leave the Stalk on, then prick
them at the Head with a
picked Stick till it goeth be-
yond the Core, then put them
into as much thin Syrrup as
will contain them ; let the
Syrrup be made with a Pint
and half of Water to a pound
of Sugar clarify'd very clear ;
set them on a gentle Fire, and
let them stand stewing in a
manner till you perceive they
are grown tender, and the
Sugar hath entred them : But
be

154 - The True way of
be careful they do not boyl to
break them, then cover them,
and set them by till the Mor-
row: Then drain them from
the Syrrup, and boyl it till it
will draw, and put it to them,
and give them a good heat
upon the Fire till you think
they are entered quite tho-
row, then cover them with
Papers again, and set them in
the Stove in a warm place till
the Morrow; then drain
them from the Syrrup, and
put them in Pots or Glasses,
and make a Jelly of Decoction
of Pippins, and fine Sugar, and
put to them, but be sure cover
them so as they may keep un-
der the Jelly, then paper them,
and set them in your Closset.

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